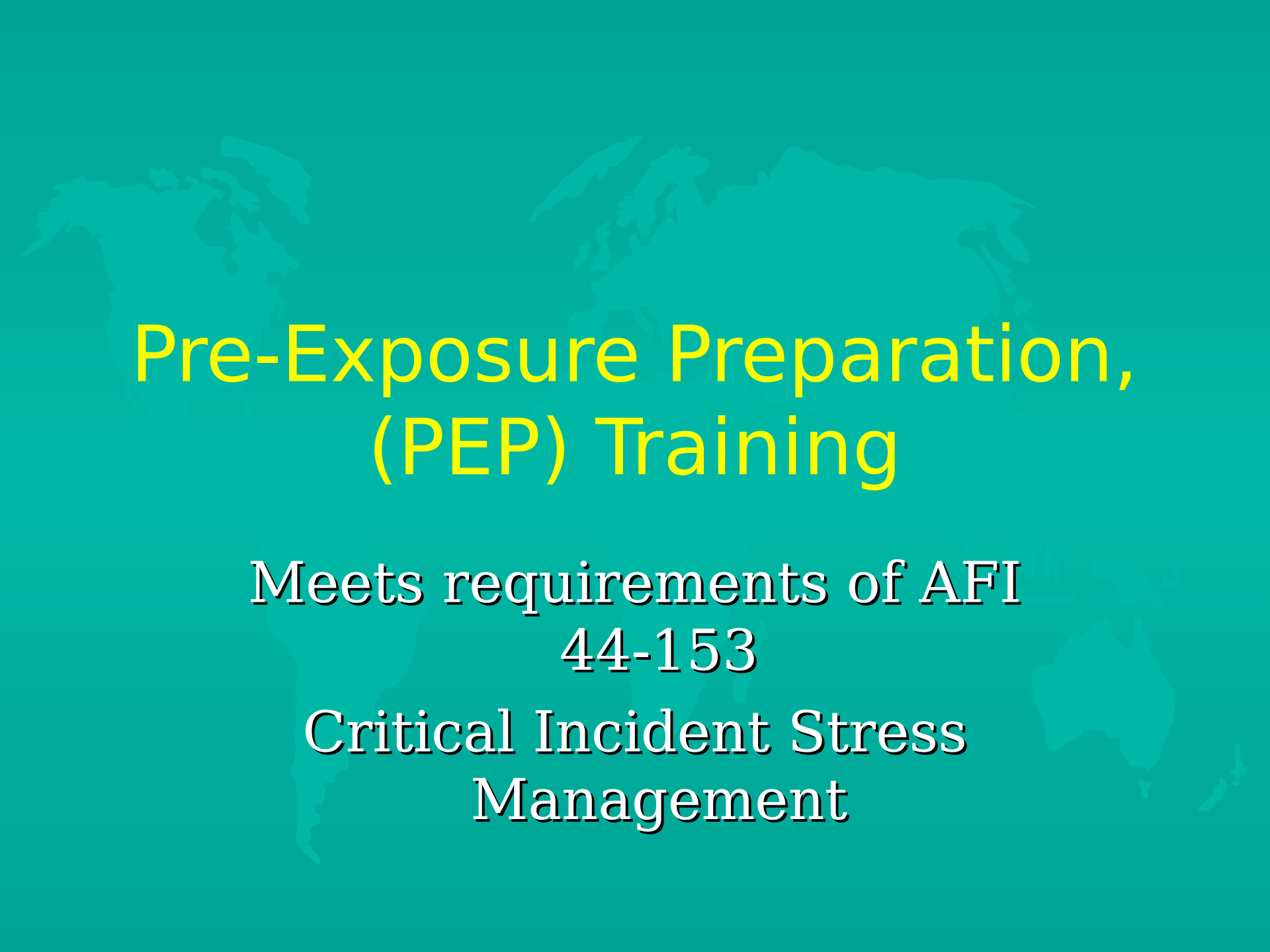


A faint, light blue world map is visible in the background of the slide, centered behind the text.

Pre-Exposure Preparation, (PEP) Training

Meets requirements of AFI
44-153

Critical Incident Stress
Management

Why Pre-exposure Training?

- ◆ One third of all wartime casualties throughout history have been combat stress
- ◆ Physical, technical preparedness always emphasized but not psychological preparation
- ◆ Increased military operations other than war increases exposure to trauma/critical incidents, or accumulated stress burdens

Why Pre-exposure Training



Why Pre-exposure Training? (Cont.)

- ◆ Civilian experience shows that even trained, technically competent personnel demonstrate disruptive impacts of stress
- ◆ If not dealt with these intense experiences can lead to physical illness, job burnout, and employee turnover
- ◆ Even normal people experience the psychological impact of intense duty related stress

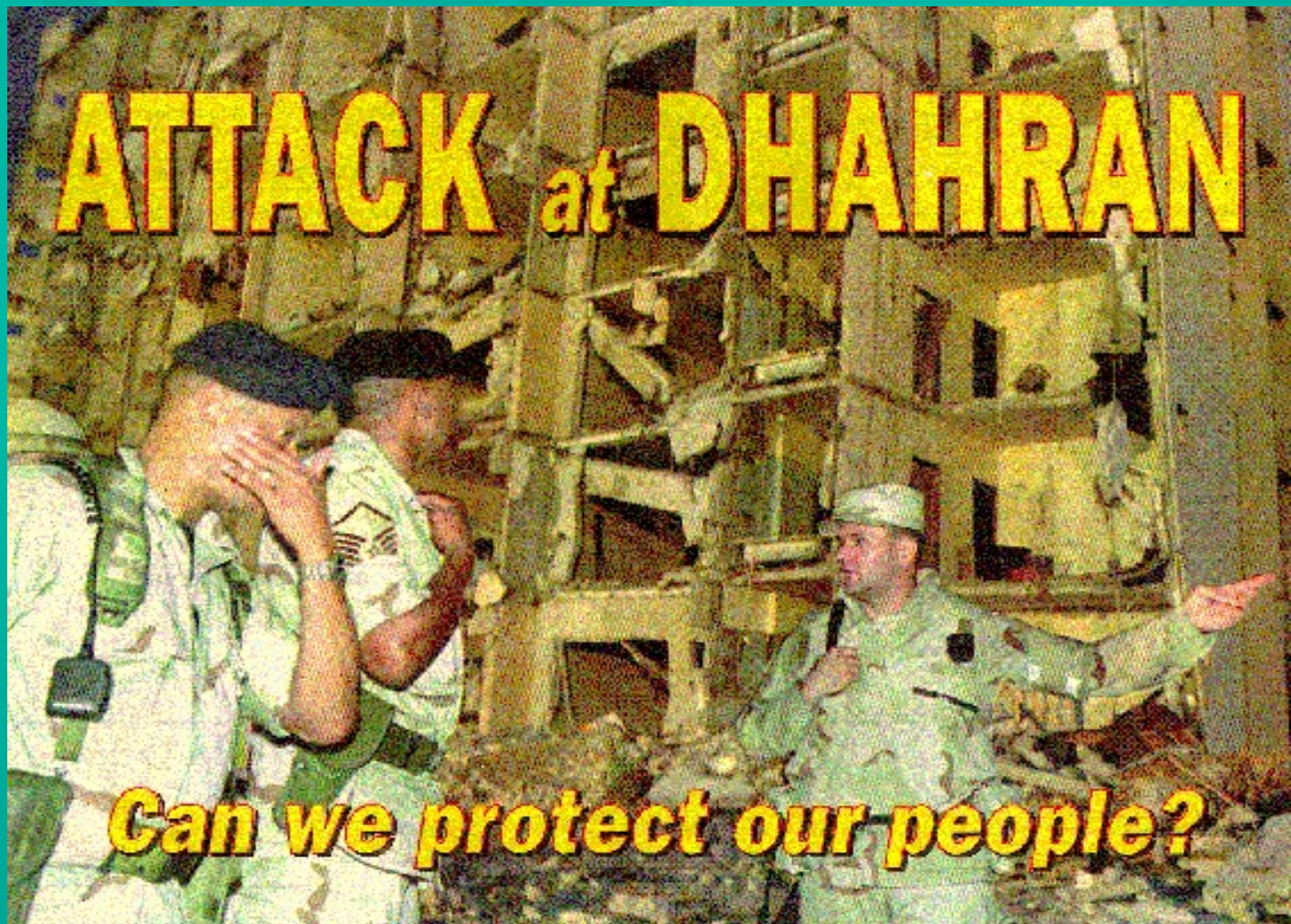
PEP Step One: Prepare for Stress

- ◆ What common stresses will you face?
- ◆ What have you, or others who have been through this, noticed in the past?
- ◆ What will be unique about this operation?
- ◆ What is “already on your plate” that your coping with now?
- ◆ How do stressful experiences normally affect you, physically, emotionally?

PEP Step One: Recognize and Admit Stress

- ♦ Are you: more short tempered, smoking more, having difficulty sleeping, find yourself complaining or more negative about everything, having nightmares etc.
- ♦ Tell someone! You or they may not fix the problem, but it will definitely decrease your physical and emotional tension level; help you recognize others are experiencing the same thing; begin the healing of trauma

ATTACK at DHAHRAN



Can we protect our people?

PEP Step Two: Practice Positive Coping Skills

- ♦ If possible: have confidence in yourself, your skills, equipment, and leadership
- ♦ Stay focused on your purpose or find one
- ♦ Have a buddy; play cards, shoot the bull etc.
- ♦ Be realistic: focus on what you can control, your attitude, how you handle the situation
- ♦ Practice your spiritual beliefs
- ♦ Exercise regularly, get up and move around

PEP Step Two: “HALT” Stress

- ♦ Don't allow yourself to get too:

- HUNGRY

- ANGRY

LONELY

TIRED

PEP Step Three: Avoid Ineffective Coping

- ◆ Play superman/woman, “hey I’m OK”
- ◆ Deny yourself chances to take a break
- ◆ Smoke more, or drink more alcohol
- ◆ Be insensitive or hostile making the situation worse for yourself and others
- ◆ Believe or spread rumors without checking them out first

Come Home as You Left

